AP Psych Reading Quiz – 8A (pages 326-335)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the idea that physiological needs create an aroused state that motivates an organism to reduce the need.
2. Instinct theory
3. Drive-reduction theory
4. Self-assertion instinct
5. Arousal theory
6. Hierarchy of needs
7. Which of the following was the key motivation for Aron Ralston to finally do what he did?
8. Write RIP on the canyon wall.
9. Running out of food.
10. Breaking his arm.
11. Having to drink his own urine.
12. Visualizing a one-armed man scooping up a young boy.
13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ explains why, when our biological needs are satisfied, we may still feel driven to experience stimulation.
14. Incentive
15. Homeostasis
16. Instinct
17. Arousal theory
18. Physiology
19. Why does weight loss come slowly following a rapid loss during the initial three weeks of a rigorous diet?
20. The number of fat cells makes further weight loss impossible.
21. When a person’s hunger increases metabolism increases, metabolism increases.
22. When an obese person’s set point has been reached, weight loss increases dramatically.
23. The body reacts as if it’s being starved and metabolic rates drop.
24. An obese person cannot maintain a rigorous weight loss diet.
25. Research conducted by Ancel Keys on semistarvation found that men who were given just enough food to stabilize their weight at 25 percent below their starting weight
26. Became obsessed with physical exercise.
27. Were more interpersonally outgoing .
28. Showed increases in mental cognition
29. Were in a state of homeostasis.
30. Lost interest in social activities.
31. What do we call a need or desire that energizes and directs behavior?
32. Incentive
33. Refractory period
34. Emotion
35. Motivation
36. Instinct
37. What physiological connection did A.L. Washburn make with his swallowed balloon research?
38. He had stomach contractions when he was hungry
39. A deflated balloon sent contraction messages to the monitor device.
40. When he laid down he was less hungry
41. The balloon made him more hungry
42. In the free snack experiment (lobby of apartment house)… the results showed which of the following can contribute to our eating:
43. Aversion
44. Instinct
45. Unit bias
46. Color
47. Abraham Maslow’s hierarchy of needs is a framework that
48. Aims to eliminate arousal.
49. Explains our homeostatic system.
50. Helps to describe human motivation.
51. Helps people reach self-transcendence.
52. Is universally fixed.
53. What is the tendency to maintain a balanced or constant internal state?
54. Hierarchy of needs
55. Basal metabolic rate
56. Homeostasis
57. Instinct
58. Motivation